



Integrating Nutrition, Food Science and Culinary Arts: Healthy Meals, Fit for Life

Award Number 2009-38422-19871, \$295,000

PRIORITY NEEDS AREA

- Strengthening institutional educational capacities, including libraries, curriculum, faculty, scientific instrumentation, instructional delivery systems and student recruitment and retention, in order to respond to identified state, regional, national, or international educational needs in the food and agricultural sciences
- To attract and support undergraduate and graduate students from underrepresented groups to prepare them for careers related to food systems
- Facilitating cooperative initiatives with two or more HSLs, state and government agencies and community nonprofit organizations and institutions

COMMUNITY, EDUCATION AND AGENCY PARTNERS

- University of New Mexico
- New Mexico State University
- Eastern New Mexico University
- Albuquerque Public Schools and other surrounding secondary educators
- Meals on Wheels
- Roadrunner Food Bank
- Youth Development Incorporated (YDI)
- Area retirement centers
- Healthcare facilities



OBJECTIVES/BENEFICIARIES

The project's purpose is to develop a model program in Culinary Arts blending food science and nutritional education with community needs, health, wellness and service- learning. The project aims to increase students' knowledge and skill in the science/art of preparing nutritionally sound food for targeted groups (e.g. school meal programs, healthcare facilities, elderly, those in poverty) and/or providing adequate nutrition for special needs populations (e.g. diabetics, heart patients, obesity, infants). Partnerships with community organizations in need of such services (e.g. Albuquerque Public Schools Nutritional Services, Roadrunner Food Bank, Meals on Wheels) provide real-world service learning opportunities. CNM, a Hispanic Serving Institution, seeks to attract students from underrepresented groups and produce graduates capable of enhancing the state's and nation's nutrition/health. The proposed project offers students viable career pathways in the food sciences and a certificate program in Nutritional Culinary Arts.

ACTIVITIES

- Develop new curriculum and a certificate in Nutritional Culinary Arts encompassing culinary arts, nutrition and health/wellness
- Expand experiential learning opportunities for students with partner agencies
- Attract underrepresented groups and produce graduates capable of enhancing the state's and nation's nutrition and health
- Provide scholarship and stipend opportunities and agency/community partners for participation in the Nutritional Culinary Arts certificate program
- Partner with USDA Food and Nutrition Services



EVALUATION

Program outcomes and assessments will be measured annually after developing baseline data to measure:

- Student enrollment
- Graduation
- Continued education
- Continued volunteerism
- Job placement

EXPECTED OUTCOMES

- Student enrollment: 3% increase
- Graduation: 3% increase
- Continued education: 3% increase
- Continued volunteerism: 3% increase
- Job placement: 3% increase
- Minimum of 5 certificate graduates per year
- 500 students impacted
- 40 participating secondary educators
- 60 participating agency partners
- Creation of a cycle of generational and continuing improvement in community health and wellness producing a reduction in obesity and health-related issues



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



Central New Mexico Community College